

**State of Vermont
Executive Department
A Proclamation**

- WHEREAS,** the State of Vermont is dedicated to improving the quality of life of all Vermonters and visitors through physical fitness and sports; and
- WHEREAS,** 61% of Vermont adults and 26% of Vermont youth are overweight or obese and poor nutrition and lack of physical activity are leading to epidemic rates of obesity; and
- WHEREAS,** it is estimated that medical expenses attributable to adult obesity in Vermont total \$291 million annually; and
- WHEREAS,** physical activity reduces risk, at all ages, of obesity, heart disease, high blood pressure and diabetes; and
- WHEREAS,** over three quarters (77%) of Vermont's youth do not participate in at least 60 minutes of physical activity every day, and 18% of Vermont adults participate in no leisure time physical activity; and
- WHEREAS,** physical activity is necessary to support normal growth in children and is essential to the continuing health and well-being of youth and adults; and
- WHEREAS,** participation in sports and all kinds of active pastimes can help improve physical and mental wellbeing; and
- WHEREAS,** we have the Governor's Council on Physical Fitness and Sports, the Vermont Department of Health, other state agencies, and private and non-profit organizations establishing opportunities for physical activity in worksites, early childcare, schools, and communities throughout the state and providing opportunities for all people to enjoy physical activity on a regular basis; and
- WHEREAS,** the month of May is traditionally recognized as National Physical Fitness and Sports Month to encourage the broad promotion of and participation in physical fitness activities;

NOW THEREFORE, I, Governor Peter Shumlin, do hereby proclaim May 2016 as

NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

in Vermont, and I ask everyone to move more every day.



Given under my hand and the Great Seal of the State of Vermont on this 3rd day of May, A.D. 2016

A handwritten signature in blue ink, appearing to read "Peter Shumlin", followed by a long horizontal line.

Peter Shumlin
Governor